

What Is Gluten?

Gluten is a protein found in the grains of wheat, rye and barley.

Gluten intolerance is a condition where ingesting gluten creates a variety of health problems. It embraces both CD and gluten sensitivity.

Celiac Disease is an autoimmune disease resulting from a reaction to gluten that destroys the villi of the small intestine.

Gluten Sensitivity is a non-celiac condition where the person reacts negatively to gluten.

Why is gluten a problem?

It is rich in the a.a glutamine and proline making it immune to complete digestion and the peptides are left intact. In a normal pop they excrete these peptides and no immune reaction occurs. 1% of the pop develops celiac disease and their villi are destroyed from the heightened immune response to gliadin. Conservatively 30-40% of the pop develops gluten sensitivity with a myriad of sx, excluding villi destruction.

Symptoms of a gluten problem:

- Depression, anxiety or mood-swings
- Infertility/miscarriages
- Neurological disorders
- Headaches/Migraines
- Memory Loss
- Unexplained chronic fatigue
- Increased liver enzymes
- Iron-deficiency anemia
- Osteoporosis
- Autoimmune disease

Sxs of a gluten problem

- Craving for gluten
- Obesity
- Diarrhea and or constipation
- Gas, bloating, abdominal pain
- IBS, colitis
- Frequent canker sores
- Dental problems
- Psoriasis, eczema or unexplained rash
- Hyperactivity